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"Celebrating our 47th year" 1952-1998

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BOUNDARIES

We build fences to prevent our children from falling into the swimming pool or wandering into the street. We place limits upon their behavior for similar reasons. Left to their own devices, children are capable of bringing an enormous amount of injury upon themselves and others.

When children are born they have no concept whatsoever of the physical, moral and spiritual dangers which exist in life. They have no concept of the long-term consequences which can spring from the good or bad decisions they make.

Because of their immaturity, children tend to think they know better than anyone else what limits should and should not be placed upon their behavior. This is especially true of children who are strong-willed.

We hear a lot of talk these days about clean air, clean water and clean environment. These are important to a child's physical welfare to be sure. But what we don't hear a lot about is the moral pollution which is inundating our society and destroying its soul.

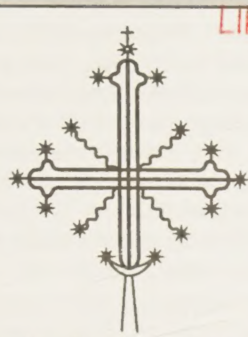
Today's children are growing up in a moral wasteland. They're being inundated with decadence through drugs, television, music and movies.

If we were to suddenly learn that our water supply was contaminated with a harmful bacteria, we'd rise up in arms demanding that something be done. We sit around casually, however, while MTV dumps a steady stream of waste into our homes, day after day. There's no way we'd allow a sex pervert to enter our home and influence our children in person. Yet, we allow them to do so day by day by way of television, music, videos, etc.

What enters a person's heart and mind will eventually shape his soul. Children can't possibly be aware of this. God expects parents to be the guardians of their souls. The boundaries which parents establish are designed to keep harmful influences out and to bring positive influences in.

To prevent our children from engaging in

(Continued on Page 15, Col. 1)



This is number 6 of the series on wrought-iron crosses which were to be found on the Eastern Christian churches in the Lemko/Galician/Austro-Hungarian area. This area is now in southern Poland. Many of the churches were destroyed and the crosses thrown on a pile of trash. Some of them were saved and can be seen at the Lemko village, near the Dukla Pass. To be noted on this cross are the rays of energy which emanate from the center of the cross.

WHY YOUR NAME

Following attendance at the Divine Liturgy at our Orthodox Church, a visitor remarked how personal it was for the priest to ask a person his or her name before giving communion. Upon examining other services like the memorial service (parastas), moleiben, baptism, marriage, etc., we will note that names are repeated over and over. Why?

It is a continuation of the precedent set by Christ in the New Testament. For example we can read about the woman who was bleeding for twelve years in Luke 8:43-56, Matt 9:20-26, Mark 5:25-34. Christ asks who has touched his clothes. He didn't have to ask, but He wanted her to identify herself so that everyone present would be witnesses of the reality and greatness of the miracle so that He could comfort and encourage her by name.

God acted dramatically in this woman's life and she felt it. Jesus also felt the "healing power" had gone out of Him and He wanted to know who had caused it. He persisted in His investigation until the

(Continued on Page 15, Col. 1)

MOSES, THE CARPATHIAN

The ikon of St. Moses Ugrin depicts him with dark skin. However, as he was not from Africa but from what is now the Carpathian area, it is possible that he was of swarthy complexion. He should not be confused with Moses, the Black. We could not find very much information about his early life, as he was a servant of Prince Boris of Russia. Ordinary people are not recorded in the pages of history. All was well until his patron was murdered by Svyatopolk. Moses escaped and fled to Kiev. Shortly after this, he was captured and was taken to Poland as a slave. He was sold for 1000 gold pieces to a widow of a general. She wanted him to be her "toy" boy. He refused to accommodate her as he had taken a vow of chastity. Desperate, she offered him marriage, which he refused. He secretly received monastic profession from a monk from Mount Athos. He started to wear a monastic habit.

His owner felt scorned. She had him bound and flogged. She reasoned if she couldn't have him, neither could anyone else, so she had his private parts cut off. He spent five full years in hopeless enslavement to this vindictive, evil woman. Five years of pain and torture before she was killed in a rebellion along with King Boleslav. Moses was free! He headed to Kiev where together with St. Anthony he gave his life over to fasting, prayer and silence. He helped many people to straighten out their lives. After ten years in the Caves, St. Moses entered into eternal rest on July 26, 1043. His relics are located in the Antony Cave of Kiev Pechersk Monastery in Kiev. A special service has been written for him.

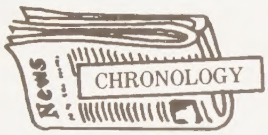
Many miracles have been performed in the presence of his relics. What an example he is to present day youth who are advised to lead a clean, wholesome life.

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Light Moment

A young person was heard to say: "I'd go out and be on my own if I weren't so badly needed at home as a dependent."

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JULY 1998

A SET OF 2 ICONS, one of Christ the other of His mother, are available from the Orthodox Herald for $15. No other charges. The gold-colored metallic, 3"x4" icons are imported and would be appreciated as birthday, wedding and anniversary gifts.

AN ANNUAL PILGRIMAGE to honor the Dormition of the Mother of God will be held from August 22-23 at Camp Nazareth in Mercer, PA. The pilgrims will be blessed by the presence of the myrrh-flowing ikon of St. Nicholas, which shed tears at St. George Church in Michigan City, IN and with relics of the Holy Cross and of St. Nectarios. Faithful will be anointed with oils from the ikon.

A DIRECTIVE FROM THE VATICAN demanding that all Eastern Rite (uniate) married priests be removed from Poland has caused much dismay. The use of the word "rite" instead of "Church" is upsetting as it "minimizes their status from a church to a type of subdivision of the Roman Catholic Church."

FROM THE INTERNET it was learned that a bookburning took place in Ekaterinberg, Russia. Books by Alexander Men and Fathers Schmemann and Meyendorff were taken from the library and heaped on the flames by orders from Bishop Nikon, diocesan bishop who said they are heretical.

PERHAPS THE FIRST AMISH FAMILY to accept the Orthodox faith were the family of Subdeacon Joseph Klarr, who is a seminarian in Johnstown. Accepting the faith were his wife, Aida, and daughters, Mary and Anna. So good to see them with headcovers (the Amish bonnet).

SOFTWARE of interest to the Orthodox can be ordered from Theologic Systems, 501 Lorlita Lane, Bethel Park, PA 15102 or call 800-952-9907. Everything from bulletin clip art to help in recording donations, keeping records, etc. is available.

THE SPRING SESSION OF THE SYNOD OF BISHOPS OF THE OCA met from March 16-19. Discussion was held on the impact of new immigration from Russia, Romania and Albania on established parishes. Fr. Kondratick, Chancellor, announced that of the 15 OCA students in the 3 seminaries, only 3 plan to seek pastoral assignments immediately.

RUSSIAN PATRIARCH ALEXEI II spoke to the clergy of the Diocese of Moscow. He denounced the "lack of energy" on the part of some (clergy) who were not attentive to the needs of the faithful. He spoke about the priests who publically criticized the new law on religion adopted in October 1997 with the Holy Synod's approval. The need for continuing services in Slavonic was discussed.

CURRENT STATISTICS show that the Moscow Patriarchate has 124 dioceses, 18,000 parishes served by 15,534 priests, 438 monasteries and 60 theological schools offering various levels of teaching. Moscow itself, with more than 10 million inhabitants, had increased the number of open parishes ninefold in ten years. There are now 333 parishes and eight monasteries, a total of 404 churches with 493 priests and 180 deacons. A great need exists for more priests.

THE ORTHODOX AUTOCEPHALOUS CHURCH OF ALBANIA condemned the violation of human rights in Kosovo. "It prays that the formation of a right and free society be achieved through peaceful means. ...Our Church insists that no one has the right to use the holy oil of religion to intensify the fire of armed conflicts. Religion is a divine gift to calm the hearts, heal the wounds."

HOLY NATIVITY CONVENT in Saxonburg, PA has built a beautiful wooden chapel dedicated to St. Seraphim of Sarov. A spring was miraculously found near the chapel; and when the construction was progressing, a worker took a video only to find that the icon of St. Seraphim, which was at the spring's source, was luminous.

A PERMANENT EXHIBIT of artifacts from Mount Athos is being planned for the Halkidiki town of Ouranoupoli by the year 2000. It will give women who cannot visit Mount Athos the opportunity to see this unique "cultural heritage."

THE SERBIAN AND GREEK ORTHODOX Churches of Beaver Valley, PA conduct an active outreach ministry in the Geriatric Center. Divine Liturgy is served monthly and a male chorus sings the responses.

AN ANNUAL GODPARENT LUNCHEON is held in Holy Trinity Church in Camp Hill, PA. Children entertain their godparents with song and dance.

THE JOINT COMMITTEE OF Orthodox and Roman Catholic bishops was formed in 1981 by SCOBA and NCCB. The 16th meeting is scheduled to take place on March 9-11, 1999 at Antiochian Village in Ligonier, PA. Topics for discussion will be "Primacy and Conciliarity," "Sacramental Theology and Praxis (Practice)," and "Intra-Christian Marriage."

ST. ALEXANDER NEVSKY CATHEDRAL in the heart of Talinn, Estonia has a dispute concerning ownership. To mediate the situation, Archbishop John of Finland and the Estonian Interior Minister were to meet and solve the problem of ownership between the Estonian Orthodox Church and the Talinn City Council.

THE FORMER MAYOR of Bethlehem died in March. He was an Orthodox Christian and a mayor for 25 years.

JAROSLAV PELIKAN, a world renowned church historian and theologian, was received into the Orthodox Church at the St. Vladimir's Seminary.

ONE OF THE OLDEST DIOCESE of the Serbian Orthodox Church is located in the Kosovo area, where there is much civil unrest. It traces its beginnings to Apostolic times, when SS. Andrew and Paul visited there and brought the light of Christianity.

THE OCA PENSION BOARD has 266 participants. In 1997, 81 beneficiaries received more than one-half million dollars.

THREE ORTHODOX SEMINARIES mark their 60th anniversary in 1998. These include: Holy Cross, St. Tikhon's and St. Vladimir's.

•Boundaries

destructive behavior, the places they go, the activities in which they engage, the friends they keep must be monitored. Children will argue and complain and tell you how everyone else is doing it. Don't let this bother you when you know you're right. If your restrictions are too severe, loosen up.

Be firm but be flexible. Being too permissive you'll throw your children to the wolves; by being too strict you'll crush their spirit and wound their soul.

May God give you the wisdom to know where to draw the line, when to say yes and when to say no.

•Why Your Name

person had been identified.

Religious experiences can also be strong factors in our lives. But we have so much scientific evidence and technical support that we tend to forget that God can work either through human action or independent of it. We may realize this when we are confronted with sickness or tragedy.

The beauty of God's creation, and, therefore, God's beauty, can be experienced. We can let nature fill us with awe and gratitude. Mutual affection among persons is also an experience of God's love.

In prayer we try to become absorbed into God's thoughts. The Communion, the intellectual concept of it, the physical act, the emotional impact when we give our name before accepting the gifts all blend to help us experience Jesus Christ's presence in ourselves.

God is always available to be part of our lives. We have only to give our name; to identify ourselves. We can then let ourselves be free to recognize and experience God's love and power in the people and the things around us.

CHUCKLE

A little boy loved to be useful. It made him seem important when he was allowed to carry treats from his mother in the kitchen to his father who was outdoors or in the living room watching TV. However, when he gave the treat to his father, it had a bite taken out of it. The parents tried to break him of the habit but they were not very successful.

However, one day his mother gave him a pear to take to his father, and it arrived intact.

"You are a good boy not to have taken a bite," his father praised him.

"Yes," beamed the boy, "this time I only licked it."

ETERNAL LIFE

In Matthew 9:1-8 we read of Jesus' pardoning the sins of the man who was paralyzed just prior to healing him of his infirmity - granting him the gift of mobility once again.

Note that this gift of forgiveness is linked to faith. In this case we read that Jesus saw the faith held by **those who brought the paralyzed man to Him.** The Bible does not say that the man himself had faith - although he might have had it without this being recorded. Yet it seems that the faith of the man's **friends** was enough to open the doors of heaven so that he might receive that most precious gift of forgiveness! And this forgiveness brought with it physical healing as well!

We can be greatly encouraged to know that, when we pray for our loved ones - or those we **ought** to love even though it may be difficult to do so - **if** we have faith, this faith can have wonderful results even though the people **for whom** we pray may be lacking in such faith. Yes! We can **always** pray for people. We Orthodox, along with many other Christians, believe that even death is no barrier for praying that the wonderful grace of God which **gives eternal life** may touch our loved ones - and **everyone** in the world! In the Divine Liturgy, as in many other services, we pray for both the living and the dead.

What is eternal life? It is not simply the indefinite extension of our earthly sojourn. That would most certainly **not** be a blessing, for our bodies age and grow feeble and physical death is often welcome relief from the travails of life. No. Eternal life is something quite other than an indefinite sojourn upon the earth. What is it, then?

Eternal life is to **know God!** Eternal life is to be in close connection with the Source of all being - with God the Father, the Son and the Holy Spirit. Eternal life is **not** only life beyond the grave although that is certainly part of it. Eternal life can begin here and now. In fact, it has already begun for us by virtue of our Baptism in which we have **already** died with Christ and been raised to life together with Him.

Eternal life for us who have been baptized consists in the conscious and willing reception of that **which we already HAVE.** This wonderful and marvelous grace of God is all-encompassing. It touches not only the invisible areas of our life - it also impacts upon the life we live in the body. It means health and wholeness of spirit, mind and body.

We **have** eternal life. This does not mean that we shall never know suffering or sorrow, for these are part of human existence. But in our trials and sufferings we shall always be supported and sustained by the Almighty Power of God. And finally all these things shall pass and only the peace, the joy and the blessing will remain. Thanks be to God!

Fr. Ihor Kutash, Ph.D.

•Kitchen Corner

to boil in a saucepan. Add flour and salt all at once. Stir until a smooth ball forms. Remove from the heat and let stand five minutes. Then add eggs, one at a time, beating well after each addition. Spread over the dough rectangles. Bake at 350° for 1 hour or until puffed and golden brown. Cool on pans for 10 minutes.

Meanwhile, make topping by combining sugar, butter, vanilla and water until smooth. Spread over warm puffs. Sprinkle with almonds. Refrigerate leftovers.

WINTER'S GRACE

Who's on your list of people who you say you will never forgive? Perhaps you are not aware of having this list, but each of us carries such a list, tucked away in our memory. This list might contain:

Parents, for failing to love us enough or for abusing us in some way;

Friends, for betraying us;

Spouses, for not understanding us enough;

Co-workers, for failing to help us;

The woman behind the department store counter, for not being polite;

People of a different color or ethnic group, for not being like us.

Add other categories here brothers, sisters, cousins...

What does such a list do to us and to them? Psychologists are discovering that carrying around such feelings can actually make us physically ill. Unresolved emotions can make us feel terrible, both emotionally and physically. Filled with hate, we become hateful. If we replace that hate with forgiveness, we will be forgiving people, loving people, understanding people.

One final thought: whose list are we on? And why?

Prayer: Jesus, You have told us to forgive if we would be forgiven. May the power of Your Holy Spirit give us the strength we need to forgive those who have hurt us. May we be set free from our own hard-heartedness.

FRUITS OF THE HOLY SPIRIT SERIES

July 5 - Knowledge

O Lord and Master, Jesus Christ our God, You created us in Your own image and likeness and have endowed us with reason and intellect, so that, we may come to know You and to serve You with all our hearts. Stir in us a desire to study Your Word and to practice Your commandments. Enlighten us with the light of Your Holy Gospel. Deepen our faith in You, the Living God. Help us to trust in You solely without reservation. Show us how to be more responsible for any action that we commit which may harm others. Through Your Cross and Resurrection on the third day, You have granted us an eternal inheritance in the world to come. Therefore, we have no other desire than to be with You in the never-ending day of Your Kingdom. O Lord, Who is all-knowing and full of love, hear the prayer of us sinners, and have mercy on us.

July 12 - Piety

O Lord, the Maker and Author of our being, we fall down before You and worship You, our true and only God. We stand in awe before Your holy Altar out of thankfulness for the sacrifice of Your only-begotten Son on the Cross. As we gather to pray in the temple of Your glory, we acknowledge our unworthiness to even lift up our eyes toward heaven. But, O Father, Who is good and forgiving, teach us to be confident in Your mercy. Forgive us our trespasses as we forgive those who trespass against us. May Your Holy Spirit dwell among us, so that we may live a godly life in piety and sanctity. We pray to You, O Lord of life, hear our heartfelt petition and have mercy on us.

July 19 - Fear of the Lord

We come to You, O Father, with praise and thanksgiving, because Your Son, our Lord and Savior Jesus Christ has torn down the wall of enmity between God and man. Through His holy Cross, salvation has come. No words, how eloquent or sweet of speech, whether written or verbally, can suffice for this great gift of eternal life. We prostrate ourselves in awe before You. Teach us how to fear and love You with all our hearts. Grant us the wisdom that comes from knowing You. Instruct us to be content with the simple things of life. That guided by Your Holy Spirit, we may give glory to You all the days of our life. We ask you daily and unceasingly to have mercy on us.

July 26 - Sunday of the Fathers of the First Six Ecumenical Councils

O Lord our God, You have established the holy Fathers as guides on the earth. Through them, You have guided us to the true faith. Through them, O Master, the meaning of the Scriptures has been explained. Help Your Church today through trying times and circumstances. Grant courage to our leaders who have been entrusted with Your flock, which has been purchased by Your precious Blood. Help them and us to be faithful to the Gospel. Expel all heresies within the Church. Reconcile those who have departed from the faith through doubt, apathy or lust for earthly glory. Grant all Orthodox leaders wisdom and strength. Gather them and us around Your holy Altar, so that, partaking of Your most-pure Body and precious Blood in the Sacrament of the Eucharist, Your Church, may experience the oneness of the faith and the communion of the Holy Spirit. O Lord, God of our Fathers, we pray to You, hear us and have mercy.

Raymond Mastroberte

REVELATION

The Book of Revelation seems to be the favorite book of radio and TV preachers. It is not included in the Lectionary of the Orthodox Church. The interest is compounded by the approach of the Millennium.

The Book of Revelation is one of the most unusual books of the Bible and one of the most difficult to understand. Another name for it is "Apocalypse" from the Greek word for "revelation."

The word "apocalypse" has come to mean something terrible happening such as a worldwide disaster or the end of the world. In the case of the Christian Apocalypse (Book of Revelation), it means the establishment of a new world through the power of God. This new world is superior to the old, for all evil has been driven away by the powers of good. It is a shining world, a world of peace and harmony and joy.

The creation of the new world is described in a strange way in the Book of Revelation. The events are not easy to follow, for they are written in a language of vision and symbol. Yet, some of the passages are very beautiful and poetic. They tell of the new creation and of the victorious Christ who rules as King over this new world. The Book of Revelation is the last and a very special book of the Bible.

Dabs of Thoughts

The Holy Scriptures are both divine and human. They are inspired by God, written by human hands at specific times and places, in specific contexts. The Bible has never existed in a vacuum, nor can it. It arose within a living context, was compiled on a living context, and it continues to exist in a living context. And this living context is called the Church. Outside the Church the Bible has no meaning, because there can never be any meaning without an appropriate context.

If you live to be seventy years old and go to Church for one hour each week, you will have given God six months of your life.

Discontent is the penalty we must pay for being ungrateful for what we have.

O Christ, You suffered and died for us, so You understand suffering. Teach me to understand my suffering as You do; to bear it in union with You; to offer it with You to atone for my sins, and to bring Your grace to souls in need. Calm my fears; increase my trust. May I gladly accept Your holy Will and become more like You in trials. If it be Your Will, restore me to health, so that I may work for Your honor and glory. Amen.

The fear of God can deliver from the fear of man.

God gives us the ingredients for our daily bread, but He expects us to do the baking.

The church is not a dormitory to rest, but a workshop.

The Prayerbook that is falling apart usually belongs to someone who is not.

At a retreat, the participants were asked to give their favorite verses from the Bible. When it was the turn of an older man, he stated his favorite verse was: "And it came to pass..."

All were puzzled, so the retreat master asked if he would explain his selection a bit further.

The man responded: "When trouble comes and I don't know what to do, I take heart that the Bible never says, 'And it came to stay.' But it is full of places where it says, 'And it came to pass'."



EDITORS' NOTES

July is the month of picnics and cookouts. This year, my contribution to the table will be something made with kolbasi and ham hocks. You see, I very foolishly moved something very heavy just before Memorial Day. My old back showed its displeasure by making it impossible for me to be at the reunion at the arch at St. Tikhon's Monastery as planned. My freezer is full of the ingredients needed to make my specialty – Bigos. We missed you all and have appreciated your calls of concern. As of this time, we are both making plans to see you next year.

Someone had given us a cassette of music by Monk Roman. We found the music and words of this Orthodox troubadour very soothing and instructional. It is one cassette which was not just placed in our collection but was left out and played over and over again. Imagine how surprised we were to be asked by Father Joseph of Novo Davidkovo, Ukraine, whether we had heard of Monk Roman in America. Before we left Europe, he gave us his treasured set of cassettes and told us a little about Monk Roman. Monk Roman accompanies himself with a guitar. He teaches about the faith with his lyrics. He became so popular that he had to leave his monastery of Pochaev and go to Mount Athos to "regain" his monastic solitude and his humility. He felt that it was too easy to be admired by the world. It is difficult to put into words the simple beauty of his music. We are glad that we are familiar with Church Slavonic and Russian so that his cassettes can be part of our spiritual diet.

We have contacted a relative in Ukraine and she told us that the village women are busy making Easter Basket covers for us. I will inform you when they arrive and you may reorder them.

The Fourth of July was one of my father's favorite days. He would put up the flag and tell us that we must sobluedat the day. Thinking back, I realize that this was one of his favorite words. When we would go to him for advice about something, he would say that we must sobluedat our promise, job, chore or whatever. The word as he used it meant to fulfill to the best of our ability. What a legacy he left for his children!

Until next month – God be with you,

Matushka Nina

Dorohaya Tyotya Mareea,

Yak tam kolo vas? Toot shitko OK now. No yah long time vam neh pisala boh yah bulla taka upset. Yah neh watchuy'you myself ee yah getting tlusta. Noh yah dostala myself tak upset kolee me chelovek poveal zhe yah getting so fat zhe not to much longer ee yah puknuy me slacks.

Yah ne znala what yah gotta do. Yah, finally got so desperate zhe yah zvidala me next door neighbor for suggestion. Ohna me povela zhe yest novi diet doctor downtown.

Yah zrobeela apointment ee pishla do diet doctora dva teshnee ago. Ohn me kashe zhe yah "better go on a diet." Yah ushey toh znam. That's why yah tam u yaho office. Anyhow, ohn me kazhe zhe yah mushuy count moyee calories. Yah dostala takee list zhe ohn kazhe mayey calorie count for everything.

Yah dumam, OK yah hotchuy looking good for moho husbanda, yah buduy counting totee calories.

Pershee day. Everyting peeshlo OK. Yah countuyu totee calories ee peeshuy doh kneshkee for doctora.

Second day, Yah countuyu totee calorees, peeshyu doh kneshkee, ee yah chewing moye nails.

Tretee day, Yah countuyu me calories, peeshuy doh kneshkee, ee chewing me nails doh two o'clock in the afternoon koli yah watchuyu me soaps opera nah TV. Yah getting taka hungry! Finally, yah peeshla doh refrigerator ee dostala some carrot sticks ee celery - doctor kasal zhe, yah moshuy matee kolee "real hungry." Yah yealah so much zhe yah dumam zhe me zubee budut worn out. Yah dumam zhe yah scrazuyu! Yah feeling taka sorry for myself, yah dumam me life takee miserable zhe ohne mozhut putting me life na soap opera!

Yah dumam, yakee tho like yah mam? Every bite yah taking yah gotta count. Then yah gotta put down nah listok for doctora: half slice bread bez butter - 50 calories - ee toh raz u day. Coffee mozhu matee ono neh mah calories no neh mozhu mati mlyko neh sugar. Eeh yah mozhu mati kolbasu - no lem one inch piece.

Yah starting running into balamutuy with calorie list. Yah hlyadam ee hlaydam ee neh mozhu naytee perohi. Neska Friday, a yak chelovek mozhe zhete bez perohe nah Friday? Yah zvedala me next door neighbor, boh ona mayee much experience nah diets. Znayete tota zhe poveela me za diet doctora, what I gotta do? Ona povela me zhe yah mozhu matee lem odnu perohu. Odnuy perohwho? Yoh! And, ona me poveela zhe yah neh mozhuy matee moy half slice bread nor tablespoon potato that day. Onha calling substitutions!

Yah peeshla domu, yah neh znam shto yah gotta do! Yah sitting ee dumam ee dumam. Finally yah razdumala. Yah smaryu diet, yah going to discount store, ee yah kuplu bigger size pants - yah fooluyu moho cheloveeka!

Yah turned off me TV show "As The World Turns" a dumam nay turnuyyeh bez mene. Yah poshla doh kitchen, dosta bag perohee ot back of freezer deh yah hiding them from husband. Yah s'prazeela cebulyu in plenty of butter. Yah syela dozen. Yah take happy.

Yah decided diet neh dlya mene.

Budte zdrove
Tlusta Hanya

PRESS FUND

How delightful it is to hear from you. We feel as if we have friends all over the world; many of whom we have not met person to person. Thank you/Spasebo, words so simple and yet so powerful! Anna Adams, Mary Kochmaruk, John Russian, John Chichilla, John Yurchak, John Mohan, Tanya Lavelle, Steve Pelek, Andrew and Dorothy Fedetz, Michael Paul Tisma, Ethel Watlock, Catherine Shaffchick, Olga Melchionna, Helen Karpiak, Anonymous, Allen Lucas, Cyril Wadzita, Rebecca Roe, Irene Allen, Nancy Hurchik-Munaco, Joseph Burchick and children a Paschal gift. Spack and Herbert Families for health of George Brozina on his 75th birthday. Edward and Irene Rhenish in memory of her mother Irene Repask, who died May 5, 1998. Ted Anastasopulos in memory of Julia. Helen Cudlic in memory of Peter and Tekla Mikridge. Steve and Lenora Evancho wish health and happiness and many years to Joseph and Ann Plefka on their 51st wedding anniversary and Father and Matushka Stroyen on their 52nd. Get-well wishes to Claudia Sulin, Julia Grisak, Bill Dubinsky and Nancy Carney. Father and Matushka Stroyen in memory of their Aunt Eugenia Klimash who died May 27. She cooked at their wedding and never missed a choir rehearsal by choice. When we called about coming to visit, she would say: "Don't come on Friday evening as I go to choir rehearsal that day." She was 91 on May 5.



On our tours of the Carpathians, we usually attend services in the village church and later have dinner in the homes of relatives. In the Kovach home (N. David Kovo) we are sure to find plates of pastries on the table. The variety and presentation would put most restaurants to shame. One of my favorites is an almond puff. Delicate and delicious! Uzhorod area now in the Ukraine is heavily influenced by the excellent pastries of Austria, Hungary and Czechoslovakia, all of which claimed sovereignty over this area.

ALMOND PUFF

DOUGH
1/2 cup butter (no substitutes)
1 cup all-purpose flour
1 to 2 Tbls. cold water
FILLING
1 cup water
1/2 cup butter (no substitutes)
1 cup all-purpose flour
1/4 teas. salt
3 eggs
1/2 teas. almond extract
TOPPING
1 1/2 cups confectioner's sugar
2 Tbls. butter, softened
1 to 2 Tbls. water
1 1/2 teas. vanilla extract
1/2 cup sliced almond, toasted

Cut butter into the flour until crumbly. Sprinkle with water; toss with a fork until moist enough to shape into a ball. Divide in half. Roll each half on a floured surface into a 12-inch by 3-inch rectangle. Carefully place on greased baking sheets.

Make the filling. Bring water and butter

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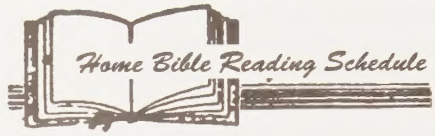
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1	Matt 11:20-26	16	Matt 13:36-43
2	Matt 11:27-30	17	Matt 13:44-54
3	Matt 12:1-8	18	Matt 9:18-26
4	Matt 8:14-23	19	**Matt 9:1-8**
5	**Matt 8:5-13**	20	Matt 13:54-58
6	Matt 12:9-13	21	Matt 14:1-13
7	Matt 12:14-16, 22-30	22	Matt 14:35-15:11
		23	Matt 15:12-21
8	Matt 12:38-45	24	Matt 15:29-31
9	Matt 12:46-13:1	25	Matt 10:37-11:1
10	Matt 13:4-9	26	**Matt 9:27-35**
11	Matt 9:9-13	27	Matt 16:1-6
12	**Matt 16:13-19**	28	Matt 16:6-12
13	Matt 13:10-23	29	Matt 16:20-24
14	Matt 13:24-30	30	Matt 16:24-28
15	Matt 13:31-36	31	Matt 17:10-18

BIBLE STUDY

Some people show their love and concern for others through simple, unobtrusive touch; others are not the hugging, touching type. This hesitation about touching can be eased as we learn from Christ's example. The Gospels show His touch bringing life to the dead, and healing to the lame, deaf, blind and dumb. He welcomed babies and small children to His lap and placed His hands on them. St. Matthew tells us how Jesus comforted His fearful disciples with a touch.

We, too, want to communicate God's love to the people around us. When we reached out to people who feel they don't quite belong, it is like enlarging the circle to include them. One older woman, a Baba, expresses her motherly love to young people by touching an arm or squeezing shoulders. It's nothing domineering, just a silent way of focusing her attention on that person and showing her affection.

The elderly especially seem to crave physical contact. They often complain that people don't really see them. A touch gives them a sense of worth, of being.

We find that when we talk with people inundated by troubles, it is better to remain silent and just touch their arms or hands. Other times, an embrace seems more appropriate. When we are troubled or suffer a loss of a loved one, a hug - or deliberate touch - makes words of condolence especially comforting.

However, touching is difficult. Some people don't want anyone to come inside their personal boundaries. Knowing who and when to touch is further complicated by culture, upbringing and present-day emphasis on harassment and abuse. Some people are afraid to touch for fear of having their messages mistaken. But too much good has come from touching to refrain entirely.

Touch is recognized as a part of healing by the medical profession. Those who have been on the receiving end know how much a hand to hold helped one get through a difficult dental or medical procedure. So try more often to lightly touch arms, or hug, especially when these acts of nonverbal communication work a lot better than anything you can say.

Try to remember the One Whose strong hands healed people, blessed children, and accepted the nails of His executioners. Christ is our example for touching people and wanting to see them whole and comforted.

THE BABAS TAUGHT ME

I drove to Baba's house to pick her up for the Divine Liturgy. She might look frail but she had somehow managed to cut big branches of greens and had them fastened to her house, making it look like a haven in the forest. It was Pentecost and as is traditional in this part of the country, she had on a green dress and had tied a green print scarf on her little hat.

When we met to return home after the service, she was exuberant in her praise for the church committee. They had used branches profusely throughout the church, even tying them on to the pew ends as flowers are for a wedding. They gave each of us a fragrant flower to hold during the Liturgy.

Baba's house from the outside looked like a cottage in the forest, but the church certainly looked like it on the interior.

Baba was thrilled, and on the way home she reminisced about the fragrant herbs and grasses which were spread on the floor of the church when she was a child, and when they were stepped on, the fragrance they gave off was so sweet and springlike. However, she said that at least the church was really decorated this year – a step in the right direction.

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The Spirit of God does not work where the Lord's people are divided.